

***ONE in FOUR People has a mental illness.  
BE THE ONE WHO HELPS.***

**TIPS FOR NONJUDGMENTAL LISTENING**

1. **Reflect on your own state of mind.** Make sure you are in the right frame of mind to talk and listen without being judgmental. Reflect on your own state of mind to make sure you are feeling calm, open and ready to help your peer in need.
2. **Adopt an attitude of acceptance, genuineness and empathy.** Adopting an attitude of acceptance means respecting the person's feelings, personal values and experiences as valid, even if they are different from your own or you disagree with them.
3. **Use verbal skills to show that you're listening.** Simple verbal skills can help you show the person that you're actively listening. This includes asking questions, listening to tone of voice and nonverbal cues being used, using minimal prompts like "I see" and "ah" and not interrupting the person to give them time to express their thoughts and feelings.
4. **Maintain positive body language.** Positive body language can show the person that you're listening and truly care.



All Spoon River College students can access on-demand medical visits and mental health services! To register, scan this code, log into your student account and click on the TimelyCare app.

*You have access anytime from anywhere!*

**Be the Difference when it comes to Mental Health! Compliments of HEAL Student Association**